



THE PARKS REPORT

A Monthly Summary of Birmingham's System of Parks & Recreation Facilities

Park Board

- Montal Morton
President
- Carly Miller
Vice President
- Carol E. Clarke
- Larry D. Cockrell
- Ronald D. Mitchell
- Shonae' Eddins-Bennett
Director

Est. 1923

*"We can complain
because rose bushes
have thorns, or rejoice
because thorn bushes
have roses."*

—Abraham Lincoln



The World Games
2022 BIRMINGHAM, USA

Stop and Smell the Roses



Photo courtesy: Birmingham Park and Recreation

Danita Ryan, deputy director of City of Birmingham Public Works, plants a rose bush in the Rose Garden at Avondale Park, once the fragrant centerpiece of this historic park that was home to Birmingham's first zoo. The project is a result of a Friends of Avondale Park (FOAP) fundraising effort to revitalize this once vibrant community space.

Contributions came from FOAP, neighborhood resident Larry Ward, Dist. 54 Representative Neil Rafferty, and City Councilors Valerie Abbott and Darrell O'Quinn.

#OpenForPlay #GetOutside

Reserve a Birmingham Park and Recreation facility or park for your special event by calling 205-254-2556, M-F, 8 a.m.—5 p.m. The Birmingham Botanical Gardens may be reached at 205-414-3908 or 3909.

VENUE:

YEAR-OVER-YEAR REVENUE:

BOTANICAL GARDENS	\$9,315.75 (+\$3,863.75)
RECREATION FACILITIES	\$19,785.00 (-\$2,225)
OPEN PARKS	\$1,800.00 (+\$100)

Elyton Park



March 2022 Revenue : \$30,900.75

Nature's Own Medicine

The sedentary lifestyle led by far too many Americans is an almost surefire means to an increased prevalence of obesity, which leads to many chronic diseases such as diabetes, high blood pressure, and heart disease.



**CRESTLINE PARK
FITNESS CENTER**



But if you are not the type to enjoy sweaty gyms surrounded by buff weight lifters, or you don't want to hand over monthly dues, the outdoors may be what the doctor ordered. Some findings suggest that an outdoor fitness regimen, one surrounded by birds, fresh air, trees and green grass, may be more impactful to your well-being than a noisy gym.

"I'm a huge believer in facilitating healthy lifestyle choices, which is why we're pleased that Councilors Hunter Williams and Clinton Woods have sponsored outdoor fitness areas at Crestline and East Pinson Valley parks," says Shonae' Eddins-Bennett, director of Birmingham Park and Recreation.



Jace Hamilton (left), fitness director, and Andrea Mills, exercise physiologist, will develop a workout to suit your individual needs. Call 205-297-8130.

3 Programs for Staying Heart- Healthy in 2022...

**Memorial Park Rec. Ctr.
ADULT CO-ED
ZUMBA+KICKBOXING CLASS**
Monday & Wednesday, 5:30 p.m.
Call 205-731-2075

□
**Hawkins Rec. Center
YOGA**
Wednesday, 6:00 p.m. Free!
Call 205-836-1661

□
**McAlpine Rec. Ctr.
CHAIR AEROBICS
FOR SENIORS**
Tues. & Thurs., 10:30 a.m.
Call 205-254-2391

Birmingham Park & Recreation
400 Graymont Avenue West
Birmingham, AL 35204

Call 205-254-2391

Maintenance Report



FYI: In the month of March, Park Maintenance staff cut 2,189.01 acres of greenspace, removed 1,556 bags of trash from parks and disposed of 2,934 tons of debris in the landfill.



DID YOU KNOW?

Children of the 19th century didn't have formal playgrounds.

Originating as "sand gardens" in Germany in 1885, the beginnings of playgrounds appeared in the United States in Boston in 1886. And until the turn of the 20th century, playgrounds remained uncommon in public spaces.